



Pan-Fried Steak Strips

with Red Pepper Rice and Honey Lime Dressing

CLASSIC 25 Minutes • 1 of your 5 a Day

N° 2



Onion



Red Pepper



Garlic Clove



Lime



Beef Steak Strips



Mexican Spice



Tomato Puree



Basmati Rice



Chicken Stock Powder



Honey

Before you start

Our fruit and veggies need a little wash before you use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Large Saucepan, Measuring Jug, Frying Pan and Large Bowl.

Ingredients

	2P	3P	4P
Onion**	1	1½	2
Red Pepper**	1	1½	2
Garlic Clove**	2	3	4
Lime**	1	1	1
Beef Steak Strips**	260g	390g	520g
Mexican Spice	1 small pot	¾ large pot	1 large pot
Oil for the Steak Strips*	2	3	4
Tomato Puree	1 sachet	1½ sachets	2 sachets
Basmati Rice	150g	225g	300g
Water for the Rice*	300ml	450ml	600ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Honey	1 sachet	1½ sachets	2 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	429g	100g
Energy (kJ/kcal)	2835/678	661/158
Fat (g)	22	5
Sat. Fat (g)	7	2
Carbohydrate (g)	80	19
Sugars (g)	17	4
Protein (g)	39	9
Salt (g)	1.75	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

Wash your hands before and after handling ingredients.
Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Contact

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Packed in the UK



1. Get Prepped

Halve, peel and thinly slice the **onion**. Halve the **pepper**, remove the core and seeds, thinly slice, then chop the slices into 3 pieces. Peel and grate the **garlic** (or use a garlic press). Zest and halve the **lime**. Pop the **steak strips** in a bowl with the **lime zest** and **half** the **Mexican spice**. Add the **oil** (see ingredient list for amount) and a pinch of **salt** and **pepper**. Mix well, set aside. **IMPORTANT:** Wash your hands after handling raw meat.



4. Cook the Rice

Stir in the rice and pour in the **water** (see ingredient list for amount), the **chicken stock powder** and the **charred peppers**. Stir everything together, and bring to the boil. Lower the heat to medium, pop a lid on the pan and leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



2. Start Cooking

Heat a drizzle of **oil** in a large saucepan on high heat. When hot, add the **pepper pieces** and a pinch of **salt** and **pepper**. Fry until charred, 4-5 mins, stirring very occasionally, so the **steak strips** get some colour on them. Once charred, remove from the pan to a bowl and set aside. Put the pan back on the heat, reduce the heat to medium.



5. Fry the Steak

6-7 mins before your **rice** is ready, pop a frying pan on medium-high heat (no oil). While the pan gets hot, squeeze the **lime juice** into a large bowl, add the **honey** and stir together. Once the pan is really hot, add the **steak strips** and stir-fry until browned on the outside, 3-4 mins. **IMPORTANT:** The **steak** is cooked when brown on the outside. Remove the **strips** to the bowl with the **honey** and **lime**. Stir to coat, then set aside for a couple of mins.



3. Add the Spice

Add a drizzle of **oil** if the pan is dry. When hot, add the **onion**, fry until softened, 4-5 mins, stirring occasionally. Add the **tomato puree**, **garlic** and remaining **Mexican spice**. Cook, stirring for 1 minute.



6. Finish and Serve

Fluff up the **rice** with a fork, then stir in the **steak** along with all the **resting juices** in the bowl to the **rice**. Taste and add **salt** and **pepper** if you feel it needs it. Spoon into bowls.

Enjoy!